ST. HERMAN OF ALASKA ORTHODOX CHURCH

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Welcome Home! We are glad you are with us today.
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March 22, 2026 – 4th Sunday of Great Lent
St John of Sinai, author of "The Ladder of Divine Ascent"

Sat March 21, 9am – **Memorial Liturgy for the Departed**
Sat March 21, 2pm – "Know Your Faith" Class (Adults & children welcome)
Sat March 21, 4pm – Great Vespers & Confessions
Sun March 22, 9am – Divine Liturgy & Fellowship

Wed March 25, 6pm – Vesperal Divine Liturgy for the **Great Feast of the Annunciation**
Thurs March 26, 7pm – Great Canon with the **Life of St Mary of Egypt**

> *On the 5th Saturday of Lent, the Church celebrates the full cycle of services for the "Akathist" to the Mother of God. All of us have been invited to Ss Constantine & Helen for these services.*
> Fri March 27 – 6:30pm – (SsC&H) Akathist/Compline
> Sat March 28, 8:00am – (SsC&H) Pan-Orthodox Divine Liturgy

Sat March 28, 4pm – Great Vespers & Confessions
Sun March 29, 9am – Divine Liturgy & Fellowship. **Prosphora Project**.
Wed April 1, 6pm – Presanctified Divine Liturgy, *hosting area parishes*.

Prayers

The newly-departed: Patriarch Ilia of Georgia (3/17) Archbishop Seraphim (Sigrist) (2/7). Fr Theodore Mozes (3/9). John Susko (2/14). Olga Oscavich (2/23).
For health of: Abp. Nathaniel, Abp. Alexander, Abp. Benjamin, Pani Anna Marie Slovesko, Mat. Elizabeth Meyer, Bernard Kusior, Nina Fatula, Gloria Spitko, Jessica Sullivan and her infant Lucas, Richard Kawood. ***On hospice:*** Vera Eckert (mother of Kathy Wanenchak).
For our Catechumens: Bradley Bosch, Brian Craig.

Hymns of the Day

For the Resurrection (Tone 8)

Thou didst descend from on high, O Merciful One! / Thou didst accept the three-day burial to free us from our sufferings! // O Lord, our Life and Resurrection, glory to Thee!

For St John of the Ladder (Tone 1)

O dweller of the desert and angel in the body, / you were shown to be a wonderworker, O our God-bearing Father John. / You received heavenly gifts through fasting, vigil, and prayer: / healing the sick and the souls of those drawn to you by faith. / Glory to Him Who gave you strength! / Glory to Him Who granted you a crown! // Glory to Him Who grants healing to all!

Glory... St John of the Ladder (Tone 4)

The Lord truly set you on the heights of abstinence, / to be a guiding star, showing the way to the universe, // O our father and teacher John.

Now & ever ... To the Mother of God (Tone 6)

Protection of Christians never failing, / Mediatress before the Creator, ever constant. / Do not despise the voice of prayer of sinners, / but in your goodness come to help us who faithfully call upon you. / Hasten to entreat, hurry to pray, O Theotokos, // interceding always for those who honor you.

Today's Scripture

Epistle: Hebrews 6:13-20

Brethren: When God made a promise to Abraham, since he had no one greater by whom to swear, he swore by himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us.

We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

Gospel: Mark 9:17-31

At that time, a man came to Jesus and said, "Teacher, I brought You my son, who has a mute spirit. And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not." He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me." Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the

ground and wallowed, foaming at the mouth. So He asked his father, "How long has this been happening to him?" And he said, "From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us." Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!"

When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it: "Deaf and dumb spirit, I command you, come out of him and enter him no more!" Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" So He said to them, "This kind can come out by nothing but prayer and fasting."

Then they departed from there and passed through Galilee, and He did not want anyone to know it. For He taught His disciples and said to them, "The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day."

Announcements

THANK YOU to all who attended yesterday's Know Your Faith class. We had a good turnout (8) of inquirers, parishioners, and even some new visitors. Our next in-person session will be sometime after Pascha / Bright Week. We are now using a hybrid format, where videos and materials are sent via email ahead of time. If you would like to be on this email list, even if you cannot always make the sessions, please let Fr John know.

Next week, Sunday 3/29, we will have a Prosphora teaching project where we learn how to make the bread for the Eucharist. Please consider joining this effort if you have any experience with homemade breads.

It's time to order Pascha Flowers. Please consider donating to offset the cost, in addition to your regular stewardship. Any amount is welcome.

Please remember to support our SCRIP program! Many of the stores and restaurants you *already shop at* are available – buy a gift card and spend it at the store just like your own cash, but in the process, St Herman's receives a percentage. It's a *very* easy way to support the parish. See Tina or Marie during coffee hour for more information.

Attendance

Sat Feb 28 Liturgy: 10 *(St Theodore)*
Sun Mar 1 Liturgy: 33 adults, 2 children (Communion: 21 adults, 1 children)
Wed Mar 4 Presanctified: 20
Sun Mar 8 Liturgy: 26 adults, 2 children

Christ doesn't coerce or hurry anyone. He doesn't come to improve us, or criticize us, but to embrace us and in this eternal embrace we are given the freedom to become who we are. Jesus suffers and dies for us protecting our freedom to say "No" in order that our "Yes!" can be freely offered in response to His toward us. The Cross is not just making up for our sins, but indicative of the willingness of God to consciously suffer all that is necessary to support our creation and growth from nothingness into real persons capable of loving as God loves us. This is an extraordinary thing. None of us will love as purely and totally as the Holy Spirit or give ourselves as fully as Christ on the Cross. But we will all participate to some extent in the suffering, forgiveness, and forbearance that occurs in and through Christ over the course of our lives. His Life becomes ours and part of how we discover this is through a relationship with our children that involves our life-long repentance.

– Stephen Muse, *Parenting in Repentance: Growing Together in Love, Gratefulness and Joy* (Alhambra, CA: Sebastian Press, 2021), 22-23.

Welcome to all visitors who have prayed and celebrated the Divine Liturgy with us this morning! We invite all of you downstairs for fellowship after the conclusion of the Liturgy. If you have any questions, please reach out to Fr. John at any time. *We love you and hope to see you again!*

Please note: In the Orthodox Church, the receiving of Holy Communion is the sign of one's ***full participation in the mystery of the Faith****, and all Orthodox Christians should receive it frequently.*

For this reason, Communion is offered only to Orthodox Christians who are ***prepared*** *to receive it (through* ***prayer****,* ***fasting****, and a recent* ***confession****) and are* ***at peace with each other****. Those who partake of the Eucharist normally fast from food and drink in the morning before the Divine Liturgy, as they are able.*